To Study Jekyll and Hyde Cases at the Johns Hopkins University

Science Has Thrown Down the Barriers That Separated the Conscious and Subconscious Minds and Hopes Soon to Reduce the Dual Personality to Its Lowest Terms.

THE "WORD ASSOCIATION TEST."

The patient is seated facing a blank wall, while the doctor sits behind him to avoid distracting his attention. To each word which the doctor pronounces the patient replies with the first word that "comes into his head." The doctor notes the reply and the time it took, using a stopwatch.

PSYCHANALYSIS BY "FREE ASSOCIATION."

The room is darkened and made as quiet as possible. The patient lies down, closes his eyes and relaxes all his muscles. The doctor lays his hands on the patient's forehead at times to aid him in concentrating his mind, and leads him to tell all the floating thoughts that come to him.

DR. FREDERICK PETERSON.
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TWICE within a few days has that fascinating human mystery, the "dual personality," appeared in the East. Gaston Ketcham, of Wassaic, N. Y., bought a Sunday newspaper at Broadway and 35th street. As his eye fell on the date line the figures struck him like a blow—"January 15, 1911." The last thing he could remember was that he was lying on his sister's sofa in Haverhill, Mass., on a Monday early in December. He did not know how he came to be in New York, nor what he had done. He hurried to Poughkeepsie, where his brother lived, half afraid that even now he was not the man he believed himself to be. Only his brother's hysterical welcome reassured him. He had disappeared from Haverhill after leaving a barber shop, and all his family's searching had not found him. For a month and more he had not been Gaston Ketcham, but who he had been he did not know.

The day before a Baltimore judge had had before him a man who had been arrested for begging in the streets. He turned out to be E. Marshall Johnson, State's Attorney of a county in West Virginia, who was also employed as a lawyer by the Baltimore & Ohio Railroad. He told the judge frankly that he had "another self" who took possession of him at times. This strange self was a beggar and a charlatan who had no idea of what was becoming in a county officer. Johnson had come to Baltimore in his own person and registered at a hotel. The beggar had suddenly taken possession of him while he was walking in the street. The judge did not sentence the man, but turned him over to the care of his friends.

But still more fascinating than such cases as these is the key which the new science of the mind has found to explain them. In a word, it is this: Not only these strange wanderers, but each one of us, sane, hysterical or mad, has two personalities within himself. In normal waking life we are aware of only one, the "conscious" self. In dreams, in possessions, in insanity the ideas of the other, the "subconscious" self, surge up, gay or sombre, faint or overwhelmingly violent, and get the mastery. Armed with this key the new psychology does amazing things with the tangles of farce and tragedy which these masquerading selves make. It can unlock the door which separates the two personalities and can introduce Dr. Jekyll to his horrible substitute, Mr. Hyde, and make them understand each other in the plain light of day and find out, once and for all, which is to be the master.

Johns Hopkins University is now building a hospital ward for insane patients which will furnish the first opportunity for American scientists to study the new ideas with the thoroughness and the painstaking accuracy which modern science demands. Dr. Frederick C. Peterson, who practically introduced the new methods to this country at the time when he was the head of the State Commission in Lunacy, consented to describe them briefly.

"The fact is, too, that the subconscious is vastly more important to us than the conscious, for in the subconscious lie all the elements that make up our personality, not only the treasury of all our individual experiences through the course of years, but all our ancestral trends, desires, tendencies, wills, ambitions, fears—in fact, the latent spirit of the race of mankind. There, in each one of us, lie all our earlier perceptions and thoughts and thrills, old terrors, old desires, old hurts, all forgotten things.

"The subconscious is altogether too large to be dismissed in a few words, as some have done. It is in this field that much that is new and brilliant has recently been discovered. Psychology now begins to read like a romance.

"At the basis of nearly all hysteria and of a vast number of other disturbed mental states which often lead to insanity we find there is some definite shock or 'trauma,' which the patient suffered from, usually in his youth. Often this has been completely buried in the subconscious; the patient himself is not aware of what it is that is at the root of his disorder. We try to find this 'trauma' and bring it from the subconscious into consciousness.

"Let me explain. Every feeling that is deep and painful has a whole train of other feelings and impulses associated with it. If you are insulted you have an impulse to knock the man down. If you do it, you have given these impulses a normal, satisfactory outlet. But if you have to pocket the insult—and that is the best possible word to describe the repression of your resentment—you have not acted normally; you have not got rid of it; it will stay and rankle in you indefinitely, perhaps for years, suppressed, perhaps forgotten, but liable to light up at any time by some sudden association with a place, a face or a word.

"That is why a grief that is too great for tears is such a terrible thing. Tears and sobs give an outlet—a pitiful, insignificant outlet, it is true, but a normal one—to an unendurable emotion. If they do not come, if the feeling is suppressed, it may pass out of the field of normal waking consciousness, but it is not forgotten; it is still there in the subconscious, and often and often we find that it has not been idle.

"But in many cases the sufferer from mental disturbances does not know himself what started his trouble. Not infrequently he believes that it was some recent experience to which he attaches importance, when really it was a far earlier and forgotten one. To find the real trauma we must search not only the patient's consciousness but his sub-consciousness as well. For this we employ 'psychanalysis.' The word itself means, literally, 'analysis of the soul.' Of course it is only in the broadest sense that 'soul' is meant—or the whole mental being, conscious and subconscious. Two instruments for this study have recently been developed. They are 'word association tests' and the study of dreams.

"I think it was Schopenhauer who said: 'Insanity is a long dream, and a dream is brief insanity.' There is, in fact, more than a superficial resemblance between dreams and insanity, so much so that scientists the world over are now devoting themselves to the study of dreams as a part of their clinical and scientific work. There is no phenomenon that presents itself in dreams that we may not observe among the inmates of an asylum ward.

"In the study of dreams the first thing to be noted is that they always seem to be the fulfilment of some wish or desire. In children this is invariably true, as you will find by asking a child a few simple questions. When a dream is recorded we have before us a curious piece of patchwork, often piecing out scraps from the days of childhood with experiences of yesterday, full of absurd distortions of events and words, transformations, allegories and symbols.

"But there is nothing accidental in the arrangement. Nothing goes on haphazard in the soul. By psychanalysis of the person having the dream one determines the origin of every patch in the crazy quilt, and by investigation one discovers the wish at the foundation which is directly or indirectly fulfilled by the dream.

"The other new instrument for gathering material for psychanalysis is the word association test. Each man's vocabulary, be it the three hundred words of the sailor or the ten thousand words of a Shakespeare or the average fifteen hundred to two thousand words belonging to us, is related to all that wealth of material that lies stored and not lost in the chambers of sub-consciousness. A word has a magic power in it to summon from the vaults of memory all sorts of apparitions. Each word has an emotional value, some more than others, because all our deepest experiences are associated with the words we know.

"So, when I pronounce an apparently empty word and you answer me with the word that rises most quickly in response, I may not only obtain an association from your memory storehouse, but I may strike some emotional experience that lies very deep in you. If that is the case, if the word is associated with a sore spot in your sub-consciousness, then that fact will be shown by your slow reply. The word will call up such a rush of ideas and images that you will pause to think what single word could represent them all.

"For the purpose of psychanalysis we time the patient's answers with a stop watch. The method is simple. There is no attempt to hide the fact that there is a test; the person who is interrogated is put at his ease and made to feel that the proceeding is perfectly natural. He is told to reply as quickly as possible with a single word to each word which the physician suggests. He is to speak the first word that comes to him after hearing the word spoken by the physician.

"The words that are suggested are simple, fundamental ones, which are likely to have associations with strong emotional experience—such words as 'house,' 'water,' 'pen,' 'gold,' 'lover.' Usually from 60 to 100 are suggested. The answer in each case is noted, with the time which was taken in replying. Then we go over the list the second time, noting how well the first answers were remembered. This, too, is important. If the word comes from some simple, unimportant association, such as 'silver,' in reply to 'gold,' or 'pigs' in answer to 'pen'—this, of course, by a farmer—then a second suggestion of the given word is likely to bring the same train of thought and the same word in reply.

"But when the words that awaken memories of profound experiences are repeated, again the inrush of words will make the patient hesitate for the proper one, and often a different word will be given in reply.

"To take a simple instance of the association test, a patient listened to a long list of words. To most of them he responded readily. But these associations took a longer time: 'Water?'—five seconds—'Deep.' 'Ship?'—three and a half seconds—'Sink.' 'Lake?'—four seconds—'Water.' 'Swim?'—four seconds—'Can swim.' Psychanalysis showed that the patient had recently been depressed and had determined to commit suicide by drowning. The word association test has been used with great success in the detection of crime. You can see how a criminal would pause to select an association word that would put the inquirers on a wrong scent—and the very pause would give them their clew.

"The technique of psychanalysis by free association is also simple. The patient lies quietly on a sofa, in order to be tranquil and avoid distraction. The physician sits at his head, and may at times place his hand upon the patient's forehead, a physical aid which often assists the patient in concentrating his mind upon the matter in hand.

"The matter in hand often is one of those emotional complexes or tangles which has gathered about a trauma, or shock, and which gives rise to some abnormal condition. Both physician and patient bend all their attention upon following up the threads of thought leading into the subconscious—threads that have been found through the word association tests, through dreams and other hints.

"The patient is urged to talk freely and frankly about his symptoms and their origin. The memory is found to be often at fault, and he is urged to tell everything that comes into his mind, whatever idea or picture is called up by association, even if painful and embarrassing. We may utter some significant word, known to be a clew, and ask him what thought occurs to him in connection with the word and to trace the process by which he came to think of it. Slowly, bit by bit, he is led to piece together the secret, forgotten trouble.

"This very process usually cures the patient. Fresh air and sunlight are good for the soul as well as for plants and cellars. His disease, his awful fears, his lapses of memory with their blank terrors, his lapses from his own personality, are restored to his memory. They are no longer things of mystery, but a part of his past life, which, now that he knows about them, need not trouble him longer. It is in a way the confessional of science."

Dr. George B. Campbell, examiner for the State Commission in Lunacy, told of some recent cases in which the methods of psychanalysis had been applied with remarkable success.

"What the physician is after," he said, "is to bring the two minds, conscious and sub-conscious, face to face—to give to the waking person the memory of what he did in his unconscious periods, in the times when he was 'another person.'"

"In other words, to introduce Dr. Jekyll to Mr. Hyde?"

"That's about it. Only, this is not a fiction; it is a scientific, human fact. So don't push the Jekyll-Hyde idea too far. Take a simple instance first. A young man woke up one morning after he had been very drunk. He could not remember what he had done or where he had been since the afternoon of the day before—a frequent occurrence where alcohol has taken a hand in the proceedings.

"Yet there grew up in him a feeling that there was something in that missing night that was very horrible. He felt that he had done something that might have shocking consequences. He was so worried that he went to a specialist about it. The process of suggestion and analysis went something like this:

"'The last you remember was'——

"'I was in a saloon with So-and-so.'

"'And you drank whiskey?'

"'No, cocktails. First Manhattan, then a Martini.'

"'And you paid for the first one?'

"'Yes.'

"'And the second one?'

"'No. He did.'

"'And the third?'

"'Now I remember. We had only two in that place. We went out then.'

"'And you turned uptown?'

"'Yes, I turned uptown. He went downtown.'

"'So you were going uptown. You crossed 28th street?'

"'Yes.'

"'Forty-second?'

"'I don't remember.'

"'Remember the subway station there? Did you think of the subway?'

"'No, I didn't. I went into the Blank Hotel.'

"'Yes, you went into the hotel. Into the bar?'

"'No. I passed the bar. I went into the writing room.'

"'Yes. And did you sit down?'

"'Yes.'

"'And there, sitting in the writing room of the Blank Hotel, at a mahogany desk, with a green blotter, did you do something?'

"'Yes. I wrote a letter?'

"'A letter. To whom?'

"'To my fiancée.'

"'And you began it?'——

"Then, line by line, the doctor led him to repeat the letter. The thing that had shocked him so was the thought that he had scrawled a note to the girl he was in love with when he was beastly drunk. As a matter of fact, the letter was fairly connected and rational, and there was nothing very shocking in it. He was in a semi-hypnotic state before the process of recollection was over, and when the doctor had made him remember all the things he had done while drunk he came out of it, read the letter as the doctor had noted it and stopped worrying. He had repeated the letter almost exactly, as he learned when he saw the girl again and read the original.

"That, of course, was a very simple case. There was a train of thought known to both doctor and patient that led directly into the subconsciousness, and by concentration and suggestion they were able to follow it. Often the probe has to go far deeper.

"There was a young woman who was subject to periods of unconsciousness, in which she did things automatically, as if she were walking in her sleep. She had horrible dreams of being chased by black elephants, by black horses and by thunderstorms. A sister had died several years before, and both the girl and her friends laid her troubles to grief. Psychanalysis showed that they had been mistaken.

"Both her dreams and her word associations suggested a particular kind of shock. By careful questioning, first about her recent years, then about times further and further removed, it was learned at last that once, as a child, she had been scared by a man—'a dark man,' she said—who ran out of some bushes on a dark road and chased her. At the time it made a tremendous impression on her, though as she grew older she overcame her conscious fears and forgot the event. But it was really down in her sub-consciousness, preparing to make trouble. When all this had been explained to her and she could see just how her dreams and fears had come about, she was quieter. I do not recall the later developments, but my impression is that she recovered.

"Now, cases of 'dual personality,' so called, in which a person forgets who he is, believes he is some one else, acts as if he were some one else, often becoming lost to his friends for a considerable period, and then returns to his old self again, perhaps to repeat the whole process—all that is only one of the manifestations of the double mind conscious and sub-conscious, in each of us. One of the most remarkable cases of that sort that has been recorded was not only studied but cured by Dr. Mortimer Prince, of Boston. The girl, Miss Christine Beauchamp, was of good family and highly educated. One day a series of nervous attacks culminated in a lapse of twenty-four hours, during which she acted so that her family said, half in earnest, that she had turned into a 'little devil.' When she had regained her mind the girl could not remember what she had said or done.

"The attacks grew more frequent. The 'little devil' asserted that she was a real person, that her name was Sally, and that she could remember everything that the real Miss Beauchamp had done, but vowed loudly that she was not at all the same person. To prove this last she would play all sorts of tricks that she knew would embarrass Miss Beauchamp when she regained control. 'Sally' declared that she had been snubbed and suppressed by Miss Beauchamp and that she wanted to 'make her smart' in return. Miss Beauchamp had broken her engagement to a young man with whom she had been in love. 'Sally' said she had fallen in love with him, saw as much as she could of him, and finally planned to elope with him to Europe.

"Miss Beauchamp regained the ascendancy in time to prevent the match. At last Miss Beauchamp, horrified at the things she had done in her other personality, determined to commit suicide. She rented a cheap furnished room in Boston, stopped up the chinks of the door and windows and turned on the gas. When she had thrown herself on the bed 'Sally' suddenly assumed the ascendancy. She realized that, while Miss Beauchamp was hateful and it might be well for her to die, she, 'Sally,' would die with her. She sprang up, turned off the gas and opened the windows.

"Dr. Prince's task was to recall to Miss Beauchamp the happenings of her life as 'Sally.' The work was very slow. In a hypnotic state she did have such recollections. By patiently gathering up these, repeating them to her in her waking and normal state, and by a careful and earnest use of suggestion, he finally succeeded in restoring to her a fairly complete memory of 'Sally's' sayings and doings. When he had finally fixed them in her memory so that they were a part of her normal life she recovered completely. I understand that she has not relapsed since."

The Manhattan State Hospital, on Ward's Island, is almost the only insane asylum in America in which the new methods have been used consistently. The pictures illustrating this article were made in a ward of that hospital, and show the exact conditions under which the tests of psychanalysis are made. For obvious reasons the hospital authorities would not allow actual patients to be photographed. The pictures were posed by hospital attendants in the presence of a physician of the hospital staff who personaly carries on the work of psychanalysis.

Dr. William Mabon, superintendent of the hospital, said of the new method:

"Of course, psychanalysis is not a panacea. In a great many disorders which go on to mental dilapidation we find mental mechanisms precisely the same as those which produce the impulsive ideas that are benefited by the method. However, psychanalysis is a distinct advance, because it at least gives a rational basis for treatment.

"The number of cases where the method effects a cure are limited, even when it is in the best of hands. And the mere analysis is not, by itself, sufficient to make a cure in most instances. It must be followed by patient education—re-education—to lead the patient back to his former rational state."

Harvard's Boy Senator Tells How He Won at the Polls

Law Student Who Was Called a Dreamer Convinced the Voters.

Though characterized as a "live wire," Roger Sherman Hoar, of the Harvard University Law School and Concord, Mass., the youngest legislator in the country, is a young man with serious ambitions and a definite aim in life. He is a grandnephew of the late Senator George Frisbie Hoar, and, like that noted solon, he is a lawyer (member of the Boston bar) and has a leaning toward statecraft. He was elected to the Massachusetts State Senate at the recent election, is twenty-three years old, and is the youngest man who ever sat in that august body, and without doubt the youngest legislator in the country.

He will represent the 5th Middlesex District, and if the results he accomplished in his election are continued during his term in office he will have accomplished wonders for his district and the state at large. After a strenuous campaign, during which his opponent characterized him as a rattle-brain, full of wild-eyed visionary schemes, he succeeded in turning a Republican majority of two thousand normally into a Democratic majority of eight hundred, and defeated a legislator of long experience, born in the same year as Senator Hoar's father.

Mr. Hoar was able to meet the misrepresentation as to his personality, but the impression that he is visionary and unfitted to sit in legislative councils has gone abroad, and while trying to keep out of the newspapers from now on, to devote himself to his legislative and law work, he consented to a "farewell interview" in order to correct these false impressions.

"I suppose that a young man cannot undertake any serious project," says Mr. Hoar, "without being wrongly described as a sort of freak—an infant prodigy. Why I should be described that way I cannot understand, as there is nothing extraordinary about me at all. The people of my district chose to indorse the principles that I stand for; that is all there is to it.

"The opposition tried to make capital out of my inexperience, but discovered that the principles of their own candidate were more of a handicap to them than any amount of inexperience could be to us. They then tried to describe me as an anarchist crying 'Down with business!' in spite of the fact that my platform declared for a square deal to corporations and the people alike. This attempt of theirs was creating some headway until they spoiled it themselves by a bit of campaign literature. The incident was as follows:

"Early in the campaign a great many leagues, interested in various legislative matters, had written to all the candidates asking for pledges. There were certain definite issues of the campaign shaping up between my opponent and myself. To the rest I replied, stating that I would express no opinion until at least I felt that I was firmly grounded. No man in the heat of the campaign has time to study a lot of questions which are not issues. Therefore, the only alternatives open to a candidate are to pledge himself on matters of which he knows little or nothing or to refue to be put on record. I chose the latter, and replied to the many inquiries that I would not cram five months of legislative deliberation into a few weeks at the close of the campaign. My opponent got hold of one of these letters and published it. It was the best advertising that I received during the campaign, for it showed, on the admission of my opponents, just what I had been trying to demonstrate myself—namely, that I intended to be a deliberative legislator rather than a hot-headed one.

ROGER SHERMAN HOAR.

"Now, there are stories current that would lead people to suppose that I have picked at random about twenty of the headings of the Encyclopedia Britannica and am trying to specialize in them all at once. The facts are that my studies at the law school and the work of the Legislature are engrossing enough without resorting to other pursuits. To be sure, I am in the militia, but this takes only an hour or so a week. I did run a news bureau, but I have given that up with my advent into politics. As treasurer of the Concord Town Committee, secretary of the Free Trade League and scout master of the Boy Scouts of Concord, I have found my efforts along these lines a part of my work for the public good, such as I hope to continue in the Legislature.

"My two vocations are completing my education and representing the constituents who were kind enough to elect me to the Senate. If a man happens to know how to draw well, why refer to him as a professional cartoonist? Why mention as distinct business undertakings the societies of the sort of which most men are members and the minor activities which are a part of every normal man's life?

"I am a militant suffragist. I used to be opposed to suffrage and suffragists. I am a suffragist for a reason which will not appeal to the suffragists themselves. I think women should not be asked whether they want to vote. They should be made to vote whether they want to or not, because it will make the interest in politics stronger and decrease the opportunities for corruption. It will quadruple the interest taken in the affairs of the nation; for if two people are interested in a question it becomes four times as interesting a thing as when only one is concerned with it. I say: Give the women the vote; force it down their throats. Give them a chance to show up the crookedness of politics. I appealed to the women in my campaign. My opponents made fun of me for this. They said if women and children could vote I would be elected. Maybe that didn't make the women mad! How many men do you suppose got any peace after that until they promised their wives, whom I showed how the high cost of living affected them and their families, to vote for me?"

Despite his age and newness at the game, Mr. Hoar is not altogether a stranger to politics. He served in the state convention which chose the delegates to the last Democratic National Convention, and in the committee room was among those instrumental in having greenbackism and other radical financial planks stricken from the platform. He served on the following state convention and for the last two years has been a member of the committee on resolutions, where he has each time built a large part of the party platform. He also wrote for Chairman Mack of the national committee an authoritative treatise on the Massachusetts Democratic platform. He is also vice-chairman of the Democratic State Committee. Two years ago he also ran for the lower branch of the Legislature, but was defeated, although he ran four hundred votes ahead of his party ticket. He then joined the "people's lobby" at the State House and worked hard for many reform measures, some of which he framed himself.